

**2013-
2014**

**Nevada Department
of Agriculture,
Food and Nutrition
Division**



COMMODITY FOOD TIPS & STANDARDIZED SCHOOL RECIPES



[Potato Wedges]

USDA Food– 100356

Potatoes, Frozen, IQF, Fat-Free,
Wedges, 6/5 Lbs

- Season while cooking to enhance flavor
- Healthier alternative to French fries
- Excellent side dish
- Holding too long may reduce crispy texture





Green Peas

USDA Food– 100350
Peas, Frozen, Green, 30 Lbs

- Peas make a great additive for mixed dishes such as:
 - Potatoes, fried rice, or soup
- Can be served cold on a salad bar





Apricots

USDA Food– 100261
Apricots, Frozen, Sliced, Single
Serve Cups (4.5 oz)

- ♦ Can be served “as is” or with added sugar
- ♦ Great in smoothies, bread, cobbler, muffins, and salads

No Entitlement Charge





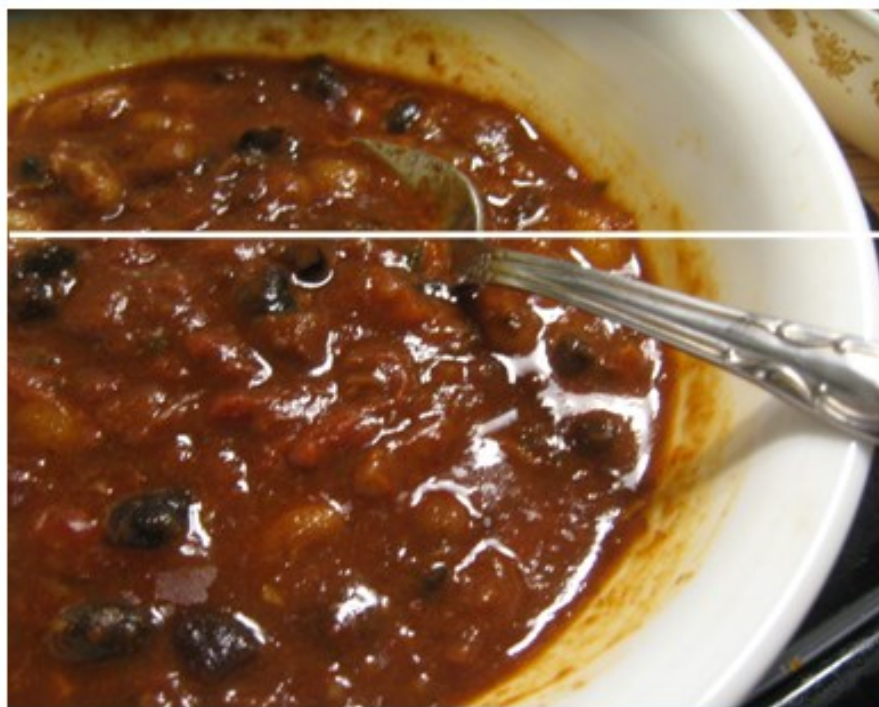
[Canned Tomatoes]

USDA Food– 100329

Tomatoes, Diced, No Salt Added,
Canned, #10

- Used in tomato bases, soups, stews, vegetables and rice
- Commonly combined with green bell peppers, garlic and chili powder for flavor
- Can be included in spaghetti, lasagna and chili





Pinto Beans

USDA Food– 100365
Beans, Canned, Pinto, Whole,
Low-sodium, #10

- Great for making bean & rice burritos, enchiladas, pork & beans, chili or tortilla soup
- To flavor try seasoning with chili powder, garlic powder, cumin or other spices prior to serving





Ham

USDA Food– 100184
Ham, Water Added, Fully Cooked,
Frozen, 10 Lbs

- Add to breakfast sandwiches, omelets, burritos, split pea soup, Hawaiian pizza, stew, casseroles or scalloped potatoes

**No shipping & Handling Fee
No entitlement charge**





Salsa

USDA Food– 100330

Salsa, Low-sodium, Canned, #10

- Try combining with fresh ingredients such as onions, cilantro, peppers or jalapenos
- Can be served along side or on top of entrees such as tacos, burritos, salad or omelets





Carrots

USDA Food– 100352

Carrots, Frozen, Sliced, 30 Lbs

USDA Food– 100309

Carrots, Canned, Low-sodium, #10

Frozen Carrots:

- Season with butter and brown sugar to sweeten
- Add thyme, pepper, salt, sugar or Italian seasoning for more flavor
- Use in soups, salads, rice bowls or stir fry

Canned Carrots:

- Softer texture, heat until warm throughout to maintain texture and shape
- Easy to use in purees, salads, soups and stews
- Try in spaghetti sauce, mashed sweet potatoes, and baked goods



Refried Beans

USDA Food– 100362
Beans, Canned, Refried, Low-sodium, #10

- Can be used to make bean burritos, tostadas, quesadillas, tacos or bean dip
- Add flavor with chili powder, garlic powder, cumin, cilantro or other seasonings prior to serving





Dried Fruit Mix

USDA Food– 110161
Fruit, Dried, Mixed, 5 Lbs

- Use in oatmeal, granola, salads, cookies, muffins, trail mix or energy bars
- Substitute in recipes that call for raisins or craisins



Hot Ham & Cheese on a Bun *(Main Dish)*

Serving Size:
1 each

1 Serving Provides:
2 oz M/MA + 1 ½ oz Grains

Ingredients	100 Servings		Directions
	Weight	Measure	
--USDA Ham, Water Added, Fully Cooked, Frozen	7 ¾ lb	1.22 oz/serving	Note: Frozen ham takes 3-4 days to thaw out in the refrigerator. 1. Follow manufacturer's instructions to thoroughly re-heat ham. Slice into 0.6 oz slices. 2. Assemble sandwiches using 1 bun, 2 slices of cheese (1 oz), and 1.2 oz of ham (2 slices) per sandwich. 3. Place on paper-lined sheet pans and cover, or wrap individually in foil. 4. Heat in oven until cheese begins to melt. CCP: Hold for hot service at 135 °F or above. <i>Cold Ham & Cheese Variation:</i> Do not preheat ham. Assemble sandwiches as above. CCP: Hold at 41°F or below for cold service.
-Cheese American, slices	6 ¼ lb	(200 x ½ oz slices)	
-Hamburger Bun, whole wheat (1.5 oz each)		100 each	

Nutrients per Serving

Calories	272	Vitamin A	268.6 IU	Iron	1.71 mg
Protein	16.48 gm	Vitamin C	1.39 mg	Calcium	219.47 mg
Carbohydrate	21.28 gm	Fiber	2.43 gm	Cholesterol	46.52 mg
Fat	13.27 gm	% Fat	43.89 %	Sodium	1019 mg
Saturated Fat	6.92 gm	% Saturated Fat	22.88 %		

Cheesy Potatoes (Vegetable)

Serving Size:
#8 scoop (1/2 cup)

1 Serving Provides:
½ oz M/MA + ¼ cup Vegetable (Starchy)

Ingredients	100 Servings		Directions
	Weight	Measure	
-Pan Release Spray		As needed	1. Spray steam table pans (12" x 20" x 2") with pan release spray. Use two pans for every 100 servings. 2. Melt margarine. 3. Mix soup, margarine, sour cream, onions and milk. 4. Add potato wedges and cheese. Mix thoroughly. 5. Pour 6½ quarts + ½ cup mixture into each steam table pan. 6. Bake uncovered until golden brown: * Conventional oven: 375° F for 1 hour * Convection oven: 350° F for 45 minutes CCP: Hold for hot service at 135° F or higher.
-Margarine, liquid	12 oz	1 ½ cup	
-Sour Cream, light (3 gm fat per oz)	6 ¼ lb		
-Cream of Mushroom Soup, condensed		1 can (50 oz)	
-Onions, diced		3 cups	
-Milk, non-fat		3 cups	
-Cheese, Cheddar	2 ½ lb		
-Potatoes, Frozen, Fat- Free, Wedges	12 ½ lb		

Nutrients per Serving

Calories	172	Vitamin A	347.31 IU	Iron	0.82 mg
Protein	5.51 gm	Vitamin C	5.26 mg	Calcium	130.2 mg
Carbohydrate	13.97 gm	Fiber	0.88 gm	Cholesterol	21.98 mg
Fat	10.63 gm	% Fat	55.61 %	Sodium	232.5 mg
Saturated Fat	5.04 gm	% Saturated Fat	26.37 %		

Tuscanoodle Soup (Soup)

Serving Size:

1 cup (8 oz)

1 Serving Provides:

$\frac{3}{4}$ oz M/MA + $\frac{1}{2}$ oz Grain + $\frac{3}{4}$ c Vegetable
(Other) + $\frac{1}{8}$ c Vegetable (Red/Orange)

Ingredients	100 Servings		Directions
	Weight	Measure	
-Celery, Raw	4 lb		<ol style="list-style-type: none"> Medium dice celery and onions. Large dice zucchini. Drain Green Beans. Cook pasta according to package directions until <i>al'dente</i> (fully cooked, but not too soft). Cool by rinsing under cold water. Note: Do not overcook Pasta In a large pot or tilt skillet, brown ground turkey. Add celery, onion, granulated garlic, sage, thyme, salt, and pepper. Cook until onions become <i>opaque</i> (frosted-clear white). Add frozen sliced carrots (if using in recipe), tomatoes, drained green beans, and chicken broth. Simmer for 20 minutes. Add canned carrots (if using in recipe), zucchini, spinach, and noodles. Continue cooking for 5 minutes. Note: Due to moisture and cooking time, soup serving size may vary. Ladle soup into bowls and sprinkle with 1 tsp. parmesan and serve.
-Onions, Raw	6 $\frac{1}{3}$ lb		
-Squash, Summer, Zucchini, include skin, Raw	2 lb		
-USDA Green Beans, Low Sodium	1 $\frac{1}{3}$ lb		
-USDA Rotini	3 lb		
-Turkey, Ground	9 lb		
-Garlic, Granulated		$\frac{1}{2}$ cup	
-Sage, Ground		$\frac{1}{4}$ cup	
-Thyme Leaf, Dried		$\frac{1}{4}$ cup	
-Salt, Table		2 tbsp	
-Pepper, Black		2 tbsp	
--USDA Carrots, Canned, Drained, #10		11 $\frac{3}{8}$ cups (~1 #10 can)	
OR	OR		
-USDA Carrots, Frozen, Sliced, #30	5 $\frac{1}{8}$ lb		
-USDA Tomatoes, Diced, No added Salt, Canned, #10		14 $\frac{2}{3}$ cups (~1 #10 can)	
-Chicken Broth, Low Sodium, Canned			
-Spinach, Raw	4 lb	4 gal	
-Cheese, Parmesan, Shredded		2 cup	

Nutrients per Serving

Calories	153	Vitamin A	2067 IU	Iron	91.55 mg
Protein	14.42 gm	Vitamin C	15.44 mg	Calcium	91.55 mg
Carbohydrate	15.40 gm	Fiber	4.09 gm	Cholesterol	24.55 mg
Fat	4.67 gm	% Fat	27.41 %	Sodium	371 mg
Saturated Fat	1.56 gm	% Saturated Fat	9.13 %		

Flew the Coop Tortilla Soup (Soup)

Serving Size:
1 ¼ cup (10 oz)

1 Serving Provides:
1 ½ oz M/MA (or ¼ cup Legumes)* + ½ cup
Vegetable (Other) + ¼ cup Vegetable
(Red/Orange)+ ¼ cup Vegetable (Starchy)

Ingredients	100 Servings		Directions
	Weight	Measure	
-Onions, Raw	12 ² / ₃ lb	2 cups	<ol style="list-style-type: none"> 1. Dice onions. Chop cilantro. Drain and rinse pinto beans. Drain green chilies. Shred mozzarella cheese. 2. Heat oil in a large pot. Add onions, green peppers, garlic, chili powder, cumin, chipotle chili pepper, salt, and pepper. Cook until onions are <i>opaque</i>. Add tomato paste and stir until well incorporated into the vegetables. Add chicken broth, beans, diced chicken, frozen sliced carrots (if using in recipe), corn, diced green chilies, and tomatoes. Bring to boil, reduce heat, and simmer for 30 minutes. <i>If using canned carrots add 5 minutes before finishing simmer.</i> 3. Place 1 ¼ cup of soup in each bowl. Top with 2 tbsp (7g) tortilla strips, ½ ounce of mozzarella, and 1 tsp of chopped cilantro <p>Note: If using frozen sliced carrots, remember to thaw them before using.</p>
-Cilantro, Fresh		47 1/8 cups (~3.5 #10 cans)	
-USDA Pinto Beans, Whole, Low Sodium, Canned*		½ #10 can	
-Peppers, Green Chili			
-USDA Cheese Mozzarella, Lumps, Loaves	3 1/8 lb	¼ cup	
-USDA Oil, Vegetable, 1 Gallon		¼ cup	
-Green Pepper, Diced, Frozen	6 7/8 lb	½ cup	
-Garlic, Granulated		¼ cup	
-Chili Powder		½ cup	
-Cumin, Ground		¼ cup	
-Chipotle Chili Pepper, Dried. Ground		2 tsp	
-Salt, Table		3 tbsp	
-Pepper, Black		3 tbsp	
-USDA Tomato Paste, No Added Salt, Canned, #10		3/8 cup	
-Chicken Broth (Low- Sodium)		3 gal	
-USDA Diced Chicken Meat (Processed)	6 ¼ lb		
-USDA Carrots, Frozen, Sliced, #30 OR	5 1/8 lb OR	11 3/8 cups (~1 #10 can)	
-USDA Carrots, Canned, Drained			
-USDA Corn, Frozen, Whole Kernel, #30	4 ½ lb	6 ½ cups (~½ #10 can)	
-USDA Tomatoes, Diced, No Added Sodium, Canned, #10			
-Tri-color Tortilla Strips		2 ½ cups	

*Beans may be credited as a M/MA or a Legume, but not both.

Nutrients per Serving

Calories	255	Vitamin A	65.01 IU	Iron	2.03 mg
Protein	18.76 gm	Vitamin C	9.34 mg	Calcium	140.2 mg
Carbohydrate	29.39 gm	Fiber	6.79 gm	Cholesterol	34.5 mg
Fat	7.47 gm	% Fat	26.39 %	Sodium	466.1 mg
Saturated Fat	2.33 gm	% Saturated Fat	8.23 %		

Taco Soup (Soup)

Serving Size:

8 oz (1 cup)

1 Serving Provides:

2 ½ oz M/MA (or 1 oz Legumes)* + 1/8 cup
Vegetable (Starchy) + 1/8 cup Vegetable
(Red/Orange)

Ingredients	100 Servings		Directions
	Weight	Measure	
-Ground Beef, Raw	15 lb		1. Cook ground beef, breaking into small chunks as it cooks. Drain fat. Add Mexican seasoning mix. CCP: Heat ground beef to >160°F for 15 seconds or more. 2. Add water and bring to boil. Add beef base and stir until dissolved. 3. Add corn, drained/rinsed pinto beans, and salsa to soup. Simmer for 30-40 minutes. Bring mixture to a temperature of 165 °F or higher. CCP: Hold hot for service at at 135°F or higher. 4. Serve in 8 oz portions and garnish each serving at time of service with 1 tbsp of cheese. Note: To add more flavor, use fresh onions or cilantro.
-Mexican Seasoning Mix	12 oz	(or 3 cups)	
-Water		1 ¾ gal	
-Beef Base, Low Sodium	6 oz		
-Corn, Frozen	7 lb		
-Pinto Beans, Canned*		35 ¾ cups (~3 #10 cans)	
-Salsa, Canned		22 ¾ cups (~2 #10 cans)	
-Cheese, Cheddar, Shredded, Reduced Fat	2 lb		

*Beans may be credited as a M/MA or a Legume, but not both.

Nutrients per Serving

Calories	308	Vitamin A	63.9 IU	Iron	3.95 mg
Protein	20 gm	Vitamin C	10.22 mg	Calcium	140.72 mg
Carbohydrate	20 gm	Fiber	4 gm	Cholesterol	56 mg
Fat	15 gm	% Fat	23 %	Sodium	720 mg
Saturated Fat	6.7 gm	% Saturated Fat	34 %		

Breakfast Burrito *(Main Dish)*

Serving Size:
1 each

1 Serving Provides:
1 ½ oz M/MA + 1 oz Grain + ¼ cup Vegetable
(Starchy) + 1/8 c Vegetable (Red/Orange)

Ingredients	100 Servings		Directions
	Weight	Measure	
-Cheese, Mozzarella, Frozen, Loaves	3 ⅞ lb		<ol style="list-style-type: none"> Preheat oven to 400°F. Shred cheese, sprinkle thawed scrambled eggs with salt, pepper, and garlic powder. Dice ham and heat to a minimum of 135°F for at least 15 seconds. Place potato wedges on lined sheet pans (sprinkle pans with salt). Bake at 450°F for 8 to 10 minutes (conventional) or 500°F for 3 to 5 minutes (convection). <p>Note: Frozen ham takes 3-4 days to thaw out in the refrigerator.</p> <ol style="list-style-type: none"> Place a piece of parchment paper in a deep steam table pan. Wet two paper towel sheets with water and make each sheet into a ball; place underneath the parchment paper in a corner of the steam table pan. Stagger tortillas on top of steam table in groups of 12-15. Cover the pan with foil, place in warmer and heat for 2 hours. Place tortillas on individual foil sheets. Place 1 ¼ oz of ham, ½ oz eggs, ¼ cup potatoes, and ½ oz cheese in the center of each tortilla and wrap with foil. Place wrapped burritos on baking sheet and heat for 15-20 minutes at 400°F. Serve each burrito with 2 tbsp of salsa. <p>Note: Reduce salt from recipe if outcome is “too salty” (Ham is not low sodium).</p>
-USDA Scrambled Eggs, Pre-cooked OR Eggs, whole	3 ⅞ lb OR	26 eggs	
-Salt, Table (optional)		1 tsp	
-Pepper, Black		1 tsp	
-Garlic Powder		1 tsp	
-USDA Ham, Water Added, Fully Cooked, Frozen	7 ⅞ lb		
-Potatoes, Frozen, Fat-Free, Wedges	8 ½ lb		
-Tortilla, Whole Grain, Frozen, (8 inches)		100 tortillas (8 in)	
-Salsa, Low Sodium, Canned		13 cups (1 #10 can)	

Nutrients per Serving

Calories	414	Vitamin A	68.22 IU	Iron	3.33 mg
Protein	18.69 gm	Vitamin C	5.54 mg	Calcium	314.2 mg
Carbohydrate	47.31 gm	Fiber	5.23 gm	Cholesterol	85.50 mg
Fat	17.32 gm	% Fat	37.65 %	Sodium	842.5 mg
Saturated Fat	6.96 gm	% Saturated Fat	15.12 %		

Pork Fried Rice Bowl (Main Dish)

Serving Size:

1 each

1 Serving Provides:

1 oz M/MA + 1 ½ oz Grain + 1 cup Vegetable (Other) + ¼ cup Vegetable (Red/Orange)

Ingredients	100 Servings		Directions
	Weight	Measure	
-USDA Ham, Water Added, Fully Cooked, Frozen	5 lb		<ol style="list-style-type: none"> Thaw Ham. Drain canned carrots and canned green beans. Chop green onions and celery. Dice and brown ham. Heat scrambled eggs in oven (using manufacturer's instructions) and set aside in warmer. Note: Frozen ham takes 1-2 days to thaw out in the refrigerator. Cook rice (according to manufacturer's instructions). Combine eggs, ham, onions, frozen peas, celery, salt, and soy sauce with rice. Stir well and cover (add water to keep moist). Toss snow peas, green peas, carrots, and red cabbage together and steam for 5-7 minutes or until tender. Tip: Remove carrots and vegetables a few minutes early for <i>al dente</i> texture. Serve ½ cup fried rice with ¾ cup steamed vegetables.
-USDA Carrots, Canned, Sliced/Cut, Drained		35 ¾ cups (~3 #10 cans)	
-Beans, Green, Low Sodium, Canned		29 ¼ cups (~ 2 #10 cans)	
-Onions, Raw	1 lb		
-Celery, Raw	½ lb		
-USDA Scrambled Eggs, Precooked or Eggs, Whole	1 ½ lb OR	13 eggs	
-Water, Municipal		4 ½ cup	
-Rice, Long Grain, Brown, Cooked, No Salt Added		3 ⅞ gal	
-Peas, Green, Frozen, Cooked, Drained, No Salt Added		4 cup	
-Salt, Table		1 tbsp	
-Soy Sauce		2 ½ cup	
-Snow Peas, Chinese, Raw	4 ½ lb		
-Cabbage, Red, Raw	2 ¼ lb		

Nutrients per Serving

Calories	234	Vitamin A	9644 IU	Iron	1.53 mg
Protein	10.00 gm	Vitamin C	25.11 mg	Calcium	73.27 mg
Carbohydrate	47.31 gm	Fiber	5.41 gm	Cholesterol	42.0 mg
Fat	2.01 gm	% Fat	7.82 %	Sodium	804 mg
Saturated Fat	0.85 gm	% Saturated Fat	3.26 %		

Southwest Veggie Burrito *(Main Dish)*

Serving Size:

1 each

1 Serving Provides:

1 ¼ oz M/MA (or ¼ cup Legume)* + 1/3 cup
Vegetable (Other) + 2 oz Grain + 1/8 cup
Vegetable (Red/Orange)

Ingredients	100 Servings		Directions
	Weight	Measure	
-Peppers, Sweet, Green Raw	10 ⅓ lb		<ol style="list-style-type: none"> 1. Cut green peppers into strips and dice onions into small pieces. Shred mozzarella cheese. 2. Place a piece of parchment paper in a deep steam table pan. Wet two paper towel sheets with water and make each sheet into a ball; place underneath the parchment paper in a corner of the steam table pan. Stagger tortillas on top of steam table in groups of 12-15. Cover the pan with foil and place in warmer for 2 hours. 3. Mix refried beans, garlic powder, onions, peppers, cumin, and heat while stirring. 4. Add chili powder to rice and cook (per manufacturer's instructions). 5. Place tortillas on individual foil sheets. Top with ¼ cup of beans, 1/3 cup of rice, and ½ oz of cheese. 6. Portion salsa and serve on side.
-Onions, Raw	5 ½ lb		
-Cheese, Mozzarella, Frozen, Loaves	3 ⅛ lb		
-Tortilla, Whole Grain, Frozen (8 inches)		100 tortillas (8 in)	
-Beans, Canned, Refried, Dry, Low Sodium, #10*		19 ½ cups (1 ½ #10 cans)	
-Garlic Powder		⅓ cup	
-Cumin, Ground		¼ cup	
-Chili Powder		¼ cup	
-Rice, Long Grain, Brown		12 cups	
-Salsa, Low Sodium, Canned		6 ¼ cups (~1/2 #10 can)	

*Beans may be credited as a M/MA or a Legume, but not both.

Nutrients per Serving

Calories	252	Vitamin A	717.43 IU	Iron	2.36 mg
Protein	10.60 gm	Vitamin C	44.27 mg	Calcium	272 mg
Carbohydrate	26.90 gm	Fiber	7.65 g	Cholesterol	7.0 mg
Fat	11.16 gm	% Fat	39.52 %	Sodium	265 mg
Saturated Fat	4.69 gm	% Saturated Fat	16.71 %		

Seasoned Refried Beans *(Vegetable)*

Serving Size:

¼ cup

1 Serving Provides:

1 oz M/MA (or ¼ cup Legume)*

Ingredients	100 Servings		Directions
	Weight	Measure	
-Beans, Canned, Refried, Dry, Low Sodium, #10*		24 ½ cups (~2 #10 cans)	1. Heat beans on stove top stirring often. 2. Stir in seasonings while the beans are heating. Be sure seasonings are distributed evenly throughout the entire pot of refried beans. 3. Serve as a side or part of an entrée.
-Chili Powder		12 tbsp	
-Onion Powder		4 tbsp	
-Garlic salt		3 tbsp	

*Beans may be credited as a M/MA or a Legume, but not both.

Nutrients per Serving

Calories	62	Vitamin A	0 IU	Iron	1.05 mg
Protein	3 gm	Vitamin C	3.8 mg	Calcium	21.0 mg
Carbohydrate	10 gm	Fiber	3 gm	Cholesterol	0.54 mg
Fat	1 gm	% Fat	0.2 %	Sodium	136.65 mg
Saturated Fat	0.3 gm	% Saturated Fat	2.0 %		

Ranch Potato Wedges *(Vegetable)*

Serving Size:

½ cup

1 Serving Provides:

½ cup Vegetable (Starchy)

Ingredients	100 Servings (1.5 oz)		Directions
	Weight	Measure	
-Potatoes, Frozen, Fat-Free, Wedges	17 lb		<ol style="list-style-type: none"> 1. Preheat conventional oven to 450°F (500°F for convection oven). Spread each bag of potato wedges over a lined sheet pan. Put oil into a squeeze bottle or dispenser and lightly cover potatoes with oil. 2. Mix garlic powder, dehydrated onions, parsley, salt, and sugar into a large bowl. Evenly Sprinkle ranch mixture over all pans and toss. 3. Bake for 8 to 10 minutes (conventional) or 3 to 5 minutes (convection). Then Serve.
-Vegetable Oil, Canola		½ cup	
-Garlic Powder		1 ½ cups	
-Onion, Dehydrated Flakes		1 ½ cups	
-Parsley, Dried		6 cups	
-Salt, Table		⅓ cup	
-Sugar, Granulated		1 ½ cups	

Nutrients per Serving

Calories	91	Vitamin A	0 IU	Iron	0 mg
Protein	2 gm	Vitamin C	6.0 mg	Calcium	0 mg
Carbohydrate	18 gm	Fiber	2 gm	Cholesterol	0 mg
Fat	1 gm	% Fat	2.0%	Sodium	754 mg
Saturated Fat	0.1 gm	% Saturated Fat	1.0%		

Fruit & Nut Breakfast Bars *(Fruit)*

Serving Size:
1 each

1 Serving Provides:
1 oz M/MA + ½ cup Fruit

Ingredients	100 Servings		Directions
	Weight	Measure	
-Orange Juice		3 ⅛ cups	<ol style="list-style-type: none"> 1. Preheat oven to 300°F. Pour orange juice over dried fruit and soak for 5 minutes; stir occasionally. 2. Pulse almonds in food processor until coarsely chopped. Add salt and dried fruit/juice mixture and pulse until ingredients stick together. Add pumpkin seeds and sunflower seeds into food processor and pulse several times. 3. Wet hands and scoop mixture onto a work surface and form into a log ~ 1 ¾ inch wide and ½ inch thick. Use palms to flatten into a bar and cut into 8 equal pieces. 4. Arrange pieces ~1 inch apart on a parchment-lined baking sheet. Bake for 8 minutes then flip bars over with a heatproof spatula. Bake for additional 8 minutes (or until nuts are toasted). 5. Bars can be stored in an airtight container for up to 4 days. <p><i>Optional: Drizzle melted dark chocolate over the bars to make them more appealing.</i></p>
-Fruit Mix, Dried		15 ⅝ cups	
-Almonds, Raw, With Skins		12 ½ cups	
-Salt, Table		1 tbsp	
-Pumpkin Seeds, Raw		3 ⅛ cups	
-Sunflower Seeds, Raw		3 ⅛ cups	

Nutrients per Serving

Calories	165	Vitamin A	347 IU	Iron	1 mg
Protein	5 gm	Vitamin C	15 mg	Calcium	89.55 mg
Carbohydrate	8 gm	Fiber	3 gm	Cholesterol	0 mg
Fat	13gm	% Fat	20 %	Sodium	71 mg
Saturated Fat	1.3 gm	% Saturated Fat	7 %		

Green Salad with Dried Fruit & Strawberry Dressing

(Fruit & Vegetable)

Serving Size:

1 1/8 cup

1 Serving Provides:

2/3 cup Vegetable (Dark Green) + 1/2 cup Fruit

Ingredients	100 Servings		Directions
	Weight	Measure	
Strawberries, Frozen, Thawed, Sliced or Diced		5 cups	<ol style="list-style-type: none"> 1. Thaw strawberries halfway. Chop lettuce into bite-sized pieces and slice onions. 2. In a blender, mix partially frozen strawberries and juice, vinegar, vegetable oil, garlic powder, salt, and pepper. Making the salad dressing the day before provides the best consistency and flavor. Store in refrigerator. 3. Toss lettuce pieces, sliced green onions, carrots, and dried fruit in a large bowl. Do not toss salad with dressing until just before serving, as salad will wilt and become soggy if dressing is added too early. <p>NOTE: This recipe calls for USDA Foods strawberries, which are sweetened. A sweetener will need to be added to this recipe for best flavor if using unsweetened frozen strawberries or any other fruit without added sugar.</p>
-Fruit Mix, Dried		25 cups	
-Lettuce, COS or Romaine, Raw	12 7/8 lb		
-Onions, Spring or Scallions	2 lb		
-Vinegar, Distilled		1/2 cup	
-Vegetable Oil, Canola		2 cups	
-Garlic Powder		1/4 tbsp	
-Salt, Table		1/4 tbsp	
-Pepper, Black		1/4 tbsp.	
-USDA Carrots, Frozen, Sliced, #30 OR	2 1/2 lbs OR		
-USDA Carrots, Canned, Drained		5 cups (~1/2 #10 can)	

Nutrients per Serving

Calories	70	Vitamin A	575 IU	Iron	1 mg
Protein	1.06 gm	Vitamin C	15.98 mg	Calcium	30.55 mg
Carbohydrate	22 gm	Fiber	3 gm	Cholesterol	0 mg
Fat	5 gm	% Fat	61 %	Sodium	32.07 mg
Saturated Fat	0.36 gm	% Saturated Fat	4.68 %		

Cilantro & Ham Salad Wrap *(Main Dish)*

Serving Size:

1 each

1 Serving Provides:

2 ½ oz M/MA (or ¼ cup Legumes)* + 1 ¼ oz Grain
+ ¼ cup Vegetable (Dark Green) + ¼ cup
Vegetable (Red/Orange)

Ingredients	100 Servings		Directions
	Weight	Measure	
-Tomatoes, Diced, Low Sodium, Canned	9 ¼ lb 1 ¾ lb	13 cups (1 #10 can)	<ol style="list-style-type: none"> 1. Drain tomatoes. Chop lettuce into bite-sized pieces. Shred mozzarella cheese. 2. Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours. 3. Add cumin (for rice) and cook rice according to package directions. NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare. For tender rice, do not add salt to rice during cooking, even when the package directions call for it. 4. In a large stock pot, bring un-drained pinto beans, drained diced tomatoes, and cumin (for beans) to a boil. Reduce heat and simmer for 20 minutes. Drain juices before adding to salad wraps. NOTE: This mixture is bland by itself but it is delicious when topped with the cilantro dressing. 5. Follow manufacturer's instructions to re-heat ham. Pork is done when it reaches 145°F. Medium dice ham. 6. In a blender or food processor, puree cilantro (stems included), vegetable oil, lime juice, orange juice, salt, and garlic powder. 7. Place warm tortilla on tray. Top with ½ cup lettuce, 2.5 oz. ham, 1/8 cup rice, 1/8 cup beans, 2 tbsp. salsa, ¼ oz. cheese, and 1 ½ tbsp. dressing.
-Lettuce, COS or Romaine, Raw			
-Cheese, Mozzarella, Frozen		100 tortillas	
-Tortilla, Whole Grain, Frozen (8inch)		(8 in)	
-Cumin, Ground	15 ¾ lb	¼ cup	
-Rice, Long Grain, Brown, Cooked, No Salted Added		12 ½ cups	
-Beans, Canned, Pinto, Whole, Low Sodium*		19 ½ cups (1 1/2 #10 cans)	
Cumin, Ground		¼ cup	
-USDA Ham, Water Added, Fully Cooked, Frozen		1 cup	
-Cilantro, Fresh		1 quart	
-Vegetable Oil, Canola		3 cups	
-Lime Juice, Canned or Bottled, Unsweetened		3 cups	
-Orange Juice, From Concentrate, Pasteurized		1 tbsp	
-Salt, Table		2 tbsp	
Garlic, Powder		1 #10 can	
-Salsa, Low Sodium, Canned			

*Beans may be credited as a M/MA or a Legume, but not both.

Nutrients per Serving

Calories	478	Vitamin A	2974 IU	Iron	4.12 mg
Protein	33.59 gm	Vitamin C	9.16 mg	Calcium	209 mg
Carbohydrate	38.88 gm	Fiber	6.95 g	Cholesterol	75.9 mg
Fat	20.73 gm	% Fat	39.04 %	Sodium	867 mg
Saturated Fat	4.21 gm	% Saturated Fat	7.93 %		